

# June 2018

# Unity School District

## LUNCH



**Breakfast:** Served with fruit/juice and milk daily. Cereal will be offered as an alternate.  
**Lunch:** Served with fresh veggies, fruit and milk daily. Salad bar is offered as an alternate for grades 3-12. Menu is subject to change



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.  
*USDA is an equal opportunity provider and employer*



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Smoothies and Grahams 1

Eagle Club Sandwich or PB&J, Cottage Cheese, Chips, Fresh Veggies and Pears

Breakfast Bites 4

Garlic and Cheese Bread Twist, Marinara Sauce, Steamed Corn and Sliced Apples

Yogurt/Granola Parfait 5

Brunch Lunch! Pancake Stack, Cheesy Omelet, Potato Smiles, and Apple Sauce

Bagel and Cream Cheese 6

Elem: Chicken Nuggets  
MS/HS: Baked Chicken, Mashed Potatoes & Gravy, Corn, Dinner Roll and Pears

Pancakes 7

Spaghetti with Bread Stick, Green Beans and Bananas

Long Johns 8

Hot Dogs or Brats, Baked Beans, Strawberry/Mango Slushies

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All children in the community (and in Unity summer school programs) will be able to eat a healthy breakfast and lunch at no cost when summer school is in session. If not enrolled in summer school, children must have adult supervision during meal times.

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Free Breakfast: 7:30-8:30  
Free Lunch: 11:00-12:30

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Free summer meals will also be available Monday through Thursday during July summer school sessions